



STRETCH & FLOW

THURSDAYS 7-8 P.M.

NORTHWEST FAMILY RECREATION CENTER

1730 SHATTO AVE. AKRON, OHIO 44313

330-375-2849

AN ADULT FITNESS PASS CLASS

THIS HIGH INTENSITY CLASS COMBINES YOGA, DANCE
STRETCHES, AND AEROBIC EXERCISE FOR A CONTINUOUS
FLOWING WORKOUT

INCREASE FLEXIBILITY

IMPROVE COORDINATION, BALANCE & POSTURE

INSTRUCTOR: ANIKA KENT

**This is a no - shoes, mat - based
class! Please bring a bottle of
water & a yoga mat.**

